

## **WEST SIDE WELLNESS, LLC**

### **MODALITY: ZERO BALANCING**

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**“True health is more than the absence of symptoms; it must include the capacity for contentment in life as it unfolds.”** / *Fritz Smith, M.D., Founder of Zero Balancing*

Zero Balancing is an advanced, light-touch bodywork modality which guides you into a deeply relaxed state, as in meditation. While in this state, stressful thoughts diminish, the breath deepens, and your entire body softens. Zero Balancing uses gentle fulcrums (points of contact) to encourage movement in restricted joints as well as throughout the body. Zero Balancing is a supportive tool, whether you wish to relax from the stress of the day and enjoy deep sleep, refine a specific goal, and/or move through life with greater ease.

After a Zero Balancing session, clients report feelings of deep relaxation and inner calm, along with decreased body aches and muscle pain. Zero Balancing is well-suited to clients who want to feel deep results with a gentle touch. During a session, clients are fully-clothed and comfortably lie face-up on a massage table.

**“When you sever past emotional and thought patterns, especially those related to stress, you actually free the body to perform its natural healing functions.”** / Herbert Benson, M.D., Founder of Benson-Henry Institute for Mind Body Medicine (Massachusetts General Hospital)

#### **Zero Balancing can specifically benefit:**

**People in creative fields:** Increased holistic/nonlinear thinking, making unusual associations, creative inspiration, being in the present moment

**Seniors:** Increased joint mobility, decrease in chronic pain, increase in feelings of wellbeing and connection to others

**Business executives:** New approaches in managing relationships, nonlinear solution-oriented thinking, ability to take on more tasks without feeling overwhelmed, clear thinking in stressful environments

**Times of life transition:** Having balanced emotions within a stressful situation, access to your inner voice/intuition, feeling grounded